

# HAIR ELEMENTS



**PATIENT: Number 399**  
**SEX: Female**  
**AGE: 31**  
**LOCATION: Lincoln, NE, USA**

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	5.9	< 7.0		
Antimony	0.022	< 0.050		
Arsenic	0.039	< 0.060		
Barium	5.3	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.078	< 2.0		
Cadmium	0.018	< 0.050		
Lead	0.21	< 0.60		
Mercury	0.03	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.20	< 0.060		
Nickel	0.16	< 0.30		
Silver	0.03	< 0.15		
Tin	0.28	< 0.30		
Titanium	0.45	< 0.70		
Total Toxic Representation				

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	2030	300- 1200					
Magnesium	150	35- 120					
Sodium	60	20- 250					
Potassium	30	8- 75					
Copper	25	11- 37					
Zinc	190	140- 220					
Manganese	0.20	0.08- 0.60					
Chromium	0.31	0.40- 0.65					
Vanadium	0.087	0.018- 0.065					
Molybdenum	0.027	0.020- 0.050					
Boron	0.63	0.25- 1.5					
Iodine	0.48	0.25- 1.8					
Lithium	0.022	0.007- 0.020					
Phosphorus	229	150- 220					
Selenium	0.94	0.55- 1.1					
Strontium	8.3	0.50- 7.6					
Sulfur	44800	44000- 50000					
Cobalt	0.009	0.005- 0.040					
Iron	12	7.0- 16					
Germanium	0.033	0.030- 0.040					
Rubidium	0.023	0.007- 0.096					
Zirconium	0.13	0.020- 0.42					

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 7/2/2010      Sample Size: 0.196 g  
 Date Received: 7/6/2010      Sample Type: Head  
 Date Completed: 7/7/2010      Hair Color: Brown  
 Client Reference: 1231114      Treatment:  
 Methodology: ICP-MS      Shampoo: Back To Basics

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	13.5	4- 30
Ca/P	8.86	1- 12
Na/K	2	0.5- 10
Zn/Cu	7.6	4- 20
Zn/Cd	> 999	> 800

## **Health history for hair test 399:**

1) **What are your current symptoms and health history?** fatigue, mood swings, lacking motivation, low libido, crave sweets and carbs, chemical sensitivity, migraines, weight gain, hypoglycemia symptoms, pms, ovarian cysts, fibrocystic cysts in breasts, mild ocd, inability to deter from what I think is right, chronic vaginal yeast/bacterial infections, candida, inability to concentrate, food sensitivities especially to dairy and gluten, several food aversions (texture, smell, appearance), bloating, right eyelid twitch, nerve spasm in right elbow, acne

2) **Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)** 2 wisdom teeth removed in 1996, the other 2 in 1997. First root canal in 2007. No braces, First amalgam placed in childhood. I currently have 2 fillings and one crown buildup that are amalgam. I may have had more fillings that were replaced, but don't remember.

3) **What dental work do you currently have in place? What part of the dental cleanup have you completed?** None

4) **What dentistry did your mother have at any time before or during pregnancy?** Not sure

5) **What vaccinations have you had and when (including flu and especially travel shots)?** All childhood vaccinations

6) **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.** multivitamin, probiotic (25 billion/day) 250 mg GSE capsule 1x daily

7) **Other information you feel may be relevant?** I've had most of these symptoms most of my life, but became more severe after the crown buildup was placed 2yrs ago. Also had uterine ablation about a year ago to deal with premenstrual cramping/heavy bleeding

8) **What is your location - city & country (so that we can learn where certain toxins are more prevalent).** Lincoln, NE